



Discussion Guide for “Social Rhythm”

How to Get Your Groove Back Week 4

One of the biggest struggles throughout the pandemic has been the loss of our social rhythms. We don't see our co-workers, our friends or our families nearly as much as we once did. This loss of social interaction has taken a toll - because we were created to know and to be known. So how can we reclaim social rhythms? What does the practice of hospitality look like in our new reality?

Scriptures for Further Reading

Isaiah 25:6-8; Luke 7:36-50; Mark 6:30-44; Romans 5:8-10

[click here](#) to read all scriptures

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [Romans 5:1-11](#).

Questions for Discussion

1. Have your social interactions taken a hit during COVID? What about during this Delta surge?
2. Do you think of hospitality as a practice central to God's character? Why or why not? Did Isaiah 25 challenge your perspective?
3. We most easily associate hospitality with food. What are some other examples of hospitality?
4. How is our ability to be hospitable grounded in God's action toward us?
5. What does hospitality look like as you create new social rhythms in the weeks ahead?